

I. AMENDMENTS TO THE SPECIFICATION:

Please replace paragraph [0021] of the specification with the following amended paragraph:

[0021] The term "limited exercise" means less than about 5 single courses of exercise or less, preferably at most 3, ~~or 1 single course of exercise~~, over the exercise period. The exercise period in the case of a limited exercise protocol may be about 12 days or less, preferably at most 10, at most 7, or at most 5 days. It is most preferred that the limited exercise period be at most 3 days.

Please replace paragraph [0049] of the specification with the following amended paragraph:

[0049] Table 2 contains data that [[also]] shows that [[4G]] I allele carriers respond the best in terms of t-PA activity and antigen levels to exercise training.